

1Whole wheat biscuitrevised300 1=1grain serv

Number of Servings: 300 (47.84 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|------------------------------------|
| 3 1/2 | gal | Flour, whole wheat, whole grain |
| 2 1/8 | cup | Baking Powder, double acting |
| 1 1/2 | Tbs | Cream of Tartar |
| 1.00 | cup | Sugar |
| 8 1/2 | cup | Margarine, soft, safflower oil |
| 5.00 | qt | Milk, nonfat/skim, w/add vit A & D |

Nutrients per serving

| Nutrition Facts | | | |
|--|----------------------|---------|---------|
| Serving Size (48g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 120 | Calories from Fat 50 | | |
| % Daily Value* | | | |
| Total Fat 5g | 8% | | |
| Saturated Fat 0g | 0% | | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | 0% | | |
| Sodium 240mg | 10% | | |
| Total Carbohydrate 18g | 6% | | |
| Dietary Fiber 2g | 8% | | |
| Sugars 1g | | | |
| Protein 4g | | | |
| Vitamin A 6% | Vitamin C 0% | | |
| Calcium 6% | Iron 6% | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Notes

Mix together flour, baking powder, cream of tartar and sugar. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add milk all at once. Mix until just moist but still crumbly.

Use level #24 scoop to scoop each biscuit (or #12 scoop divided for 2 biscuits) and place on baking pan sprayed with nonstick spray. Pat down each biscuit to 1/2" thick.

Bake at 400 degrees F for 9 to 12 minutes until lightly browned.

1 biscuit = 1 whole grain serving

1 biscuit = 16 grams carbohydrate = 1 carb serv